

2010 PALARONG PAMBANSA

April 11-17, 2010 Tarlac City

TAEKWONDO

COMPETITION GROUND RULES

I. KYORUGI (Sparring) EVENT

A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS :

1. ELEMENTARY BOYS and ELEMENTARY GIRLS

	<u>Height</u>	<u>Birthdate</u>
Group 1	120 cm. to 128 cm.	On or after January 1, 1998
Group 2	Over 128 cm. to 136 cm.	On or after January 1, 1998
Group 3	Over 136 cm. to 144 cm.	On or after January 1, 1997
Group 4	Over 144 cm. to 152 cm.	On or after January 1, 1997
Group 5	Over 152 cm. to 160 cm.	On or after January 1, 1997
Group 6	Over 160 cm. to 168 cm.	On or after January 1, 1997

B. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. SECONDARY BOYS

Finweight	Not exceeding 45 kg.
Flyweight	Over 45 kg. & not exceeding 48 kg.
Bantamweight	Over 48 kg. & not exceeding 51 kg.
Featherweight	Over 51 kg. & not exceeding 55 kg.
Lightweight	Over 55 kg. & not exceeding 59 kg.
Welterweight	Over 59 kg. & not exceeding 63 kg.

2. SECONDARY GIRLS

Finweight	Not exceeding 42 kg.
Flyweight	Over 42 kg. & not exceeding 44 kg.
Bantamweight	Over 44 kg. & not exceeding 46 kg.
Featherweight	Over 46 kg. & not exceeding 49 kg.
Lightweight	Over 49 kg. & not exceeding 52 kg.
Welterweight	Over 52 kg. & not exceeding 55 kg.

C. KYORUGI COMPETITION GROUND RULES:

1. **Method of Competition:** The competition shall be individual, single elimination.
2. **No of Competitors:** Each delegation may field only one competitor in each of the categories.
3. **Length of Matches:** Matches shall be 2 rounds of 2 minutes per round with 1 minute rest between rounds.
4. **Weigh-In:** Weigh-in shall be conducted two days prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in.
5. **Coaches:** Only one coach per player shall be allowed in the coach's chair during the matches.
6. **Competition Codes of Conduct:** The Taekwondo Competition Codes of Conduct shall be strictly enforced.
7. **Competition Rules:** For all other matters not provided for in these ground rules, the current WTF Kyorugi Competition Rules and Interpretation and the Palarong Pambansa guidelines shall apply.
8. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo V-neck uniform (dobuk) during the competition.

NOTE: Use of the **"PHILIPPINES"** print on the uniform is reserved for members of the National Taekwondo Team and for those who have represented the country in international competitions. Otherwise, such usage is strictly prohibited.

9. **Competition Equipment:** Only brands approved by the PTA and/or WTF shall be approved for use. The contestants shall wear complete protectors during the match (head protector, body protector, arm & shin guards, groin guard, hand gloves, and mouth guard)).
10. **Mouth Guard:** The use of the mouth guard shall be required. **For the children's division**, the mouth guard shall be required for heights of 128 cm. (Group 2) and taller.
11. **Coaches' Attire:** Coaches shall wear the proper attire during the competition. Shorts and slippers are not allowed.

D. AWARDS FOR THE KYORUGI EVENT:

1. Winning contestants in the Individual Kyorugi categories shall be awarded the following medals:

First Place	-	Gold Medal	(7 points)
Second Place	-	Silver Medal	(3 points)
2 Third Places	-	Bronze Medal	(1 point)

II. POOMSAE (Forms) EVENT

Contestants in the Poomsae (Forms) Event shall be taken from the contestants in the Kyorugi (Sparring) Event.

A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. **Elementary Boys Group A** - one contestant selected from Group 1 to Group 3 of the sparring competition.
- b. **Elementary Boys Group B** - one contestant selected from Group 4 to Group 6 of the sparring competition.
- c. **Elementary Girls Group A** - one contestant selected from Group 1 to Group 3 of the sparring competition.
- d. **Elementary Girls Group B** - one contestant selected from Group 4 to Group 6 of the sparring competition.

2. TEAM POOMSAE EVENT

- a. **Elementary Boys Team** - composed of 3 contestants selected from Group 1 to Group 6 of the sparring competition.
- b. **Elementary Girls Team** - composed of 3 contestants selected from Group 1 to Group 6 of the sparring competition.

B. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. **Secondary Boys Group A** - one contestant selected from Finweight to Bantamweight of the sparring competition.
- b. **Secondary Boys Group B** - one contestant selected from Featherweight to Welterweight of the sparring competition.
- c. **Secondary Girls Group A** - one contestant selected from Finweight to Bantamweight of the sparring competition.
- d. **Secondary Girls Group B** - one contestant selected from Featherweight to Welterweight of the sparring competition.

2. TEAM POOMSAE EVENT

- a. **Secondary Boys Team**- composed of 3 players selected from Finweight to Welterweight of the sparring competition.
- b. **Secondary Girls Team**- composed of 3 players selected from Finweight to Welterweight of the sparring competition.

C. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY

CATEGORY	ELIMINATIONS	SEMI-FINALS	FINALS
Elementary Boys Individual: Group A & B	Taegeuk 5	Taegeuk 6	Taegeuk 7
Elementary Girls Individual: Group A & B	Taegeuk 5	Taegeuk 6	Taegeuk 7
Elementary Boys Team	Taegeuk 5	Taegeuk 6	Taegeuk 7
Elementary Girls Team	Taegeuk 5	Taegeuk 6	Taegeuk 7
Secondary Boys Individual: Group A & B	Taegeuk 6	Taegeuk 7	Taegeuk 8
Secondary Girls Individual: Group A & B	Taegeuk 6	Taegeuk 7	Taegeuk 8
Secondary Boys Team	Taegeuk 6	Taegeuk 7	Taegeuk 8
Secondary Girls Team	Taegeuk 6	Taegeuk 7	Taegeuk 8

E. POOMSAE COMPETITION GROUND RULES

- Method of Competition:** The cut-off system shall be applied in this competition. It shall comprise of the following stages:
 - Eliminations:** Contestants shall perform the required poomsae for the elimination round and 8 contestants shall be selected for the semi-final round based on their point rankings.
 - Semi-final:** Contestants shall perform the required poomsae for the semi-final round and 4 contestants shall be selected for the final round based on their point rankings.
 - Final:** Contestants shall perform the required poomsae for the final round and they shall be awarded based on their point rankings.
- Duration of Contest:** The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 1 minute and 30 seconds
- Competition Codes of Conduct:** The PTA Competition Codes of Conduct shall be strictly enforced.
- Uniform:** The contestant shall use only the approved Taekwondo uniform (dobuk) with the PTA or WTF approved seal.
- Competition Rules:** For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

F. AWARDS FOR THE POOMSAE EVENT

1. **Individual Poomsae:** Winning contestants in the Individual Poomsae categories shall be awarded the following medals and points:

First Place	-	Gold Medal	(7 points)
Second Place	-	Silver Medal	(5 points)
Third Place	-	Bronze Medal	(4 points)
Fourth Place	-	NA	(3 points)
Fifth Place	-	NA	(2 points)
Sixth Place	-	NA	(1 points)

2. **Team Poomsae:** Winning contestants in the Team Poomsae categories shall be awarded the following medals and points:

First Place	-	Gold Medal	(10 points)
Second Place	-	Silver Medal	(8 points)
Third Place	-	Bronze Medal	(6 points)
Fourth Place	-	NA	(3 points)
Fifth Place	-	NA	(2 points)
Sixth Place	-	NA	(1 points)

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|-----|-----------|-----------------------|
| 16. | 3 pcs. | 24" Ruler |
| 17. | 3 pcs. | Cutter |
| 18. | 10 pcs. | Cutter Blades |
| 19. | 2 pcs. | Scissors |
| 20. | 6 pcs. | Pail |
| 21. | 2 pcs. | Tailor's Tape Measure |
| 22. | 2 bottles | Correction Fluid |
| 23. | 1 box | Paper Fasteners |
| 24. | 1 box | Paper Clips |
| 25. | 8 pads | Yellow Pad Paper |
| 26. | 20 pcs. | Folder, long |
| 27. | 20 pcs. | Brown Envelope, long |
| 28. | 24 pcs. | Cartolina |
| 29. | 24 pcs. | Garbage Bags, X-large |

E. MEDAL REQUIREMENTS:

	GOLD MEDAL	SILVER MEDALS	BRONZE MEDALS
KYORUGI	24	24	48
POOMSAE	20	20	20
TOTAL	44 – GOLD	44 – SILVER	68 - BRONZE